



# UPDATE

May/June 2016

*A bi-monthly newsletter for Veterans served by the St. Cloud VA Health Care System, and for those who serve Veterans. Send news items and comments to St. Cloud VA Health Care System, Attn: Public Affairs Officer, 4801 Veterans Drive, St. Cloud, MN 56303, or via email to [Barry.Venable@va.gov](mailto:Barry.Venable@va.gov)*

## In This Issue

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HONORING SERVICE  
EMPOWERING  
HEALTH

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## Calendar of Events

Monday, May 2 & June 6 (9:10-9:30 a.m.)—Listen to the **Veterans Affairs Radio Show** on KNSI AM 1450/FM 103.3.

Tuesday, May 3 (9-10 a.m.); Wednesday, May 18 (6-7 p.m.); or Wednesday, May 25 (2-3 p.m.)—**VA Caregiver Support Line**. Free education and support for Caregivers—right from your home phone! Topic for May is *Good Grief: Finding Hope in the Necessary Losses of Being a Caregiver*. To register, call Jessica Behrends at 320-252-1670, ext. 7283.

Tuesday, May 3 & June 7 (Noon-1 p.m.)—**VA Caregiver Support Group** at the St. Cloud VA in Building 29, Room 20E, and Brainerd VA Clinic via Vtel. Support group for family Caregivers of Veterans from all eras. Contact Jessica Behrends at 320-252-1670, ext. 7283, for more information.

Tuesday, May 3 & 17; June 7 & 21 (Noon-2 p.m.)—**Veterans Law Clinic** at the St. Cloud VA in Building 28, Room 126. Free legal consultation for Veterans for Social Security Law, Housing, Consumer, Child Support, Family Law, and Employment. No criminal law issues will be discussed. Please call 320-253-0138 or 1-800-622-7773 to schedule an appointment.

Friday, May 6, 13, 20, & 27 (11 a.m.-noon)—**Health Focus Fridays**, St. Cloud VA, Building 29, Room 20D. Veterans served by the St. Cloud VA can help themselves stay healthy by attending a series of education classes this spring. No appointment or referral is needed. Veterans may select the classes they want to attend, but please call 320-252-1670, ext. 7531, to sign up. Co-pay may be required. See page 4 of this publication for a list of topics.

Tuesday, May 17 (5-6 p.m.)—**Town Hall Meeting**, VFW, Post #936, 1102 3rd Avenue East, Alexandria, MN. The town hall meeting is intended to provide Veterans served by the St. Cloud VA Health Care System an opportunity to hear from and have concerns addressed by St. Cloud VA officials. Recognizing Alexandria and surrounding area Vietnam-era Veterans is the first item on the agenda at the town hall meeting. The St. Cloud VA Health Care System, a Commemorative Partner in the national Vietnam War Commemoration, is committed to publicly thanking and honoring Vietnam Veterans and their families. Vietnam Veterans and families desiring to participate in the Commemoration event can simply show up and check in at the designated table. To learn more about the Vietnam War Commemoration, visit <http://www.vietnamwar50th.com/>. Additionally, beginning at 4 p.m., County Veteran Services and VA staff will be available to discuss enrollment in VA health care and provide information on the full range of Veterans benefit programs.

Wednesday, May 18 & June 15 (8:10-8:45 a.m.)—Listen to **Voices for Veterans Radio Show** on WJON AM 1240.

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## Calendar of Events

Friday, May 20 & June 17 (noon-2 p.m.)—**Southwestern Minnesota Veterans Law Clinic** at the Montevideo VA Clinic. Free legal consultation for Veterans for Social Security Law, Housing, Consumer, Child Support, Family Law and Employment. No criminal issues will be discussed. Please call 320-403-1051 to schedule an appointment.

Saturday, May 21—**Old Glory Run**, Colt's Academy, 124 1st Ave. SE, St. Joseph, MN. 5K run/walk/wheel. Proceeds benefit Disabled American Veterans Foundation—all funds stay in the Central Minnesota area. Representatives from the St. Cloud VA will be available from 9:45 a.m. until noon to answer questions about health care services and eligibility.

Saturday, May 21 (4-7 p.m.)—**Granite City Renegades**, St. John's University, Clemens Stadium, 2699 Abbey Road, Collegeville, MN. Representatives from the St. Cloud VA will be available to answer questions about health care services and eligibility.

Monday, May 30—**Outpatient Clinics Closed for Federal Holiday**. St. Cloud VA Health Care System outpatient clinics and administrative offices, including VA Clinics in Brainerd, Montevideo and Alexandria will be closed in observance of Memorial Day, a federal holiday. The Urgent Care Clinic at the St. Cloud VA Medical Center will be open. Hours of operation for the Urgent Care Clinic are 8 a.m. to 6 p.m., seven days a week, including federal holidays. The Community Living Center and residential treatment programs will be open.

Tuesday, June 7 (9-10 a.m.); Wednesday, June 22 (2-3 p.m.); or Wednesday, June 22 (6-7 p.m.)—**VA Caregiver Support Line**. Free education and support for Caregivers—right from your home phone! Topic for June is *Finding Your Voice: Self-Advocacy in Medical Settings*. To register, call Jess Behrends at 320-252-1670, ext. 7283.

Sunday, June 26 (10 a.m.-4 p.m.)—**Red Bull Appreciation Day**, Central Park, 6250 Main Street, North Branch, MN. Representatives from the St. Cloud VA will be available to answer questions about health care services and eligibility.

### Did you know...

- If the earth were flat, water would cover everything in a layer two miles deep.
- If you don't have a telescope projector or welder's glass to watch a solar eclipse, just look for the nearest tree. The shadows it casts will be in the same crescent shape of the eclipsing sun as an inverted image of it projects through gaps in the leaves.
- "Monster" waves at over 100 ft. tall can suddenly appear at sea when there is no storm to cause them.
- Socks and shoes may be knocked off if struck by lightning.
- Once in England, because of a water spout, it rained frogs.

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*Primary Care Mental Health Integration is pleased to present:*

# Health Focus Fridays

**WHO:** All Veterans Welcome

**WHAT:** Classes Focus on Health and Well-Being  
New Topics Every Week!

**WHEN:** Fridays, March 11—May 27  
11 a.m.—12 p.m.  
\*NO Appointment Needed\*

**WHERE:** Building 29, Room 20D

**WHY:** Learn creative strategies to improve your  
health and well-being!

## Wellness Topics

|                  |  |
|------------------|--|
| Friday, March 11 | How to Manage Stress                   |
| Friday, March 18 | How to Create Healthy Relationships    |
| Friday, March 25 | How to Set Goals (and stick to them!)  |
| Friday, April 1  | How to Solve Problems                  |
| Friday, April 8  | How to Improve Sleep                   |
| Friday, April 15 | How to Communicate Assertively         |
| Friday, April 22 | How to Improve Nutritional Habits      |
| Friday, April 29 | How to Increase Motivation to Exercise |
| Friday, May 6    | How to Manage Worry                    |
| Friday, May 13   | How to Talk with Medical Providers     |
| Friday, May 20   | How to Let Go of Anger & Resentment    |
| Friday, May 27   | How to Improve Pain Management         |

For more information, please call:  
320-252-1670 ext. 7531



## Parking at the St. Cloud VA

Beginning April 27, the entirety of the Patient & Visitor Parking Lot southwest of Building 1 is not available for use. Additional Patient & Visitor parking is available in the Circle Parking Lot, as depicted on the map. To access the additional parking, proceed to the 3-way intersection in the front of Building 1, and turn left (west). The lot to the southeast of Building 1, as well as Patient and Visitor parking on the east side of campus, remain available for use.

Thanks for your cooperation, and we apologize for the inconvenience.





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## **VA Announces Community Care Call Center to Help Veterans with Choice Program Billing Issues**

Veterans can now work directly with VA to resolve debt collection issues resulting from inappropriate or delayed Choice Program billing. In step with MyVA's efforts to modernize VA's customer-focused, Veteran-centered services capabilities, a Community Care Call Center has been set up for Veterans experiencing adverse credit reporting or debt collection resulting from



inappropriately billed Choice Program claims. Veterans experiencing these problems can call 1-877-881-7618 from 8 a.m. – 4 p.m. CT for assistance.

“As a result of the Veterans Choice Program, community providers have seen thousands of Veterans. We continue to work to make the program more Veteran-friendly,” said Dr. David Shulkin, Under Secretary for Health. “There should be no bureaucratic burden that stands in the way of Veterans getting care.”

The new call center will work to resolve instances of improper Veteran billing and assist community care medical providers with delayed payments. VA staff are also trained and ready to work with the medical providers to expunge adverse credit reporting on Veterans resulting from delayed payments to providers.

VA is urging Veterans to continue working with their VA primary care team to obtain necessary health care services regardless of adverse credit reporting or debt collection activity.

VA acknowledges that delayed payments and inappropriately billed claims are unacceptable and have caused stress for Veterans and providers alike. The new call center is the first step in addressing these issues. VA presented The Plan to Consolidate Community Care in October of 2015 that outlines additional solutions to streamline processes and improve timely provider payment.

For more details about the Veterans Choice Program and VA's progress, visit <http://www.va.gov/opa/choiceact/>. Veterans seeking to use the Veterans Choice Program can call 1-866-606-8198 to find out more about the program, confirm their eligibility and schedule an appointment.

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## SPEAK UP

**We encourage Veterans and their families to get involved with their care.**

### Speak Up

If you have questions or concerns, **ask**.

If you don't understand, **ask again**.

Don't be afraid to talk to your health care provider if you are unsure about something regarding your care.



### Pay Attention

Tell your nurse, provider, lab technician, or health technician if something doesn't seem quite right. Make sure you're getting the right tests, treatments, and medications from the right health care professionals.

Don't assume anything.

### Educate Yourself

Gather information about your diagnosis, medical tests, and your treatment plan.

Write down important facts your provider tells you.

### Ask For Help From Those Close To You

Have a trusted family member or friend with you when talking to health care workers.

Make sure this person understands your preferences for care.

### Know Your Medications

**Medication errors are the most common health care mistakes.**

Ask why you take a medication.

Report any food or drug allergies.

If you are taking more than one medicine, ask if it is safe to take those medications together. This includes vitamins, herbal supplements, and other over-the-counter drugs.

If you do not recognize a medication, ask about it.

### Use Common Sense

If something doesn't make sense, ask about it.

If you need more information before making a decision, get it.

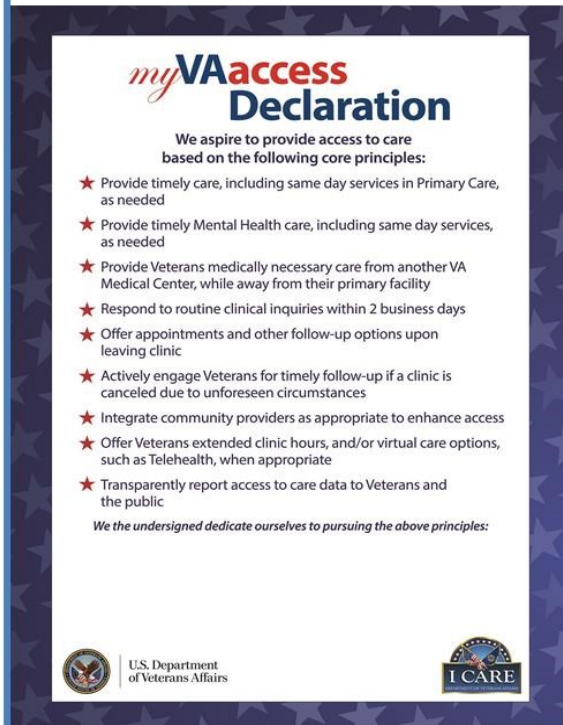
### Participate

You are the most important member of the health care team.

Be involved in all decisions about your treatment.

## Access Declaration Signed

Improving access to health care is VHA's organizational priority. Our ability to meet the urgent health needs of Veterans is vitally important. As long as there is even a single Veteran with an urgent care need that we are not meeting in a timely fashion, we will not be satisfied. The **MyVA Access** initiative and the **MyVA Access Declaration** are VHA's pledge to improving access to care for all Veterans seeking VA health services. MyVA Access ensures coordination of practice and the rapid deployment of best practices to meet the access needs of VA medical centers. St. Cloud VAMC employees were provided a chance to sign a local copy of the MyVA Access Declaration during the Employee Health Fair on April 20. Here are photos of organization leaders signing the declaration. There is lots of work to do—let's take great care of Veterans.







### Veterans Learn for Free

LinkedIn, a business-oriented social networking service, is offering U.S. Servicemembers and Veterans free one-year unlimited access to Lynda.com as well as one year of LinkedIn's Job Seeker, also free. The same applies to active duty members of the U.S. Armed Forces.

Their goal is to help Veterans acquire the skills they need and find the jobs they want in the civilian sector.

If you know of any Veterans or uniformed Servicemembers who might benefit from a free year of access to their 5,000 online-training courses, as well as to Job Seeker, please direct them to this link: <https://veterans.linkedin.com>

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### Free Performance for Veterans

Re-Creation is a group of young people who give up at least a year of their lives traveling the country entertaining the men and women in our VA Medical Centers. They are not paid for their service. On **June 20 at 2 p.m.** in the **Auditorium (Building 8) on the St. Cloud VA campus**, Re-Creation will present a free full stage performance of ***"Party Rock USA!"***



Re-Creation USA, Inc.

***"Party Rock USA!"*** is a celebration highlighting the most popular American songs of all time. And every show includes rousing Patriotic music...in honor of America's hospitalized Veterans and troops.

All are welcome.



# **MEMORIAL DAY CEREMONY**

**Monday, May 30, 2016**

**10:30 a.m. – Parade**

**St. Cloud VA Health Care System  
Building 111 to Building 92**

**11:00 a.m. - Memorial Day Service**

**Patricia Wilson, Army/Air Force Veteran  
Key Note Speaker**

The St. Cloud VA Health Care System will not discriminate on the basis of race, color, creed, religion, national origin, gender, disability, age, marital status, public assistance status, familial status or sexual orientation. Upon request, accommodations will be provided to allow people with disabilities to participate in all VA programs and activities.

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# Save the date!

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4TH ANNUAL

*St. Cloud VA Health Care System*

# VETERANS RENDEZVOUS 17 SEP 2016 HOPE TO SEE YOU THERE!

*Please join us in recognizing those who served during the Vietnam War (November 1, 1955 - May 15, 1975)*

In military parlance, a rendezvous is a meeting point used following an operation.

In that tradition, we welcome Veterans, Servicemembers, their families and friends to rendezvous from 1:00 to 4:30 p.m. at the *St. Cloud VA.*

It will be a day of comradery, activities, music and information about programs that may benefit you.



*Call 320-654-7623 to register as a vendor or to bring a car to the show*

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## Secretary of VA Visit

We were excited that VA Secretary Robert A. McDonald visited Minnesota VA facilities on March 25, and we're even more excited to have had Senator Amy Klobuchar, U.S. Representative Tim Walz and our own Sixth District U.S. Representative Tom Emmer stop by.

While here, the Secretary met with AFGE Local 390 officers, individual employees, conducted an employee town hall and had a working lunch/meeting with Veterans organizations.

We are justifiably proud of the privilege of taking care of Veterans, and of the professionalism and teamwork that is so evident here every day.

The Secretary's #1 agenda item is the MyVA transformation plan, and it was great to hear it directly from him. You can review the strategies and priorities of the plan here: [http://www.blogs.va.gov/VAntage/25409/modernizing\\_va\\_through\\_veteran-centered\\_transformation/](http://www.blogs.va.gov/VAntage/25409/modernizing_va_through_veteran-centered_transformation/)



At St. Cloud, we're busy trying to make MyVA happen.



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## Vietnam War Commemoration

The St. Cloud VA Health Care System, designated as a Commemorative Partner in the national Vietnam War Commemoration, is committed to publicly thanking and honoring Vietnam Veterans and their families. Local Vietnam Veterans are encouraged to make plans to attend the annual Veterans Rendezvous on September 17 at the St. Cloud VA, from 1 to 4:30 p.m., which will feature activities honoring Vietnam Veterans.

Authorized by Congress, established under the Secretary of Defense, and launched by the President in May 2012, the Vietnam War Commemoration recognizes all men and women who served on active duty in the U.S. Armed Forces from November 1, 1955 to May 15, 1975. Nine million Americans, approximately 7 million living today, served during that period, and the Commemoration makes no distinction between Veterans who served in-country, in-theater, or were stationed elsewhere during those 20 years. All answered the call of duty.

By presidential proclamation issued on May 25, 2012, the Commemoration extends from its inaugural event on Memorial Day 2012 through Veterans Day 2025.

To learn more about the Vietnam War Commemoration, go to: [www.vietnamwar50th.com](http://www.vietnamwar50th.com)



Jim Kellogg, American Legion Department of Minnesota Commander; Rick Miller, Mayor of Waite Park, Minn.; Mick Aguirre, Disabled American Veterans (DAV) Department of Minnesota Senior Vice Commander; Barry Bahl, St. Cloud VA Health Care System Director; and Ken Klein, Paralyzed Veterans of America Minnesota Chapter President, were recognized for their service in the Vietnam War by Secretary of Veteran Affairs Robert McDonald at a stakeholder meeting at the St. Cloud VA on March 25, 2016.



## **St. Cloud VA Director Announces Retirement**

Barry I. Bahl has announced his retirement as Director of the St. Cloud VA Health Care System after more than 40 years of federal service.

Initially serving as the Acting Health Care System Director beginning June 3, 1996, Bahl was appointed as Health Care System Director in 1999.

In a statement to employees on April 19, Bahl said: "After 40 years in the VA, I am at a point in my life where I would like to spend more time in the sun, with friends and family. I am looking at June 3, 2016, as my retirement date. This is certainly a time of mixed emotions for me. I am so proud to be working with so many exceptional staff. You have put St. Cloud up top in the VHA in quality and efficiency. Daily I hear testimonials from our Veterans that are so impressed with our organization. Truly WOW indeed! I am going to miss all of you wonderful folks."

As Director, Bahl provided leadership and strategic guidance to a health care system with 388 multidisciplinary beds providing treatment in psychiatry, general medicine and extended care. The St. Cloud VA serves a 27-county area in central and west central Minnesota and includes the VA medical center in St. Cloud and three VA clinics located in Brainerd, Montevideo and Alexandria.

Bahl oversaw the St. Cloud VA during a period of tremendous growth and change as increasing numbers of Veterans sought care.

In 1996, when he was appointed Acting Director, the St. Cloud VA treated 8,716 Veterans. At the end of the last fiscal year, the health care system treated 38,603 Veterans.

During his 20 years in the Director's role, Bahl focused efforts on modernizing and expanding the health care services needed by today's Veterans, and transformed the St. Cloud VA from a small inpatient hospital to a dynamic and growing regional health care system focused on the delivery of a comprehensive array of services, including primary and specialty medicine, mental health, and extended care.

During his tenure, three VA clinics in outlying communities were established, and numerous Veteran-centered service enhancements and capital improvements were completed. A partial list of the improvements made include: construction and expansion of an outpatient mental health clinic; expansion of primary and specialty care clinics; expansions of the Dental, Audiology and Respiratory Care clinics; upgrades and expansions of the Pharmacy

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and Laboratory; expansion of the Imaging Clinic and addition of MRI services; construction and addition of an Ambulatory Surgery Center; a remodeled and expanded Urgent Care Clinic; and the construction of a new Rehabilitation Center and Acute Psychiatry building.

Ongoing improvement activities include the construction of a new Food Service building, the complete remodeling of a Community Living Center building, and a 20-bed expansion of the Mental Health Residential Rehabilitation Treatment Program.

St. Cloud VA Health Care System currently employs 1,741 employees and has a total budget of \$272 million for this fiscal year.

Prior to his assignment as Health Care System Director in 1999, Mr. Bahl served as the Acting Health Care System Director beginning June 3, 1996, and had served as Associate Director between October, 1992 and June, 1996. Earlier he served as Associate Director at VAHCS Battle Creek, Michigan, a 991-bed facility, from March, 1989 until October, 1992. From January, 1988 through March, 1989 he served at VAHCS Nashville, Tennessee, in the Associate Director Training Program. He served as the Chief, Pharmacy Service, at Nashville from March, 1987 through December, 1987. From April, 1981 through February, 1987, he served as Chief, Pharmacy Service, at VAHCS Reno, Nevada. He also served as Pharmacy Chairperson for District 26 and represented Region 7 on the Regional Pharmacy Advisory Council. Prior to his appointment at Reno, he was a staff pharmacist at VAHCS Erie, Pennsylvania, from March, 1978 to March, 1981.

In February of 2006 Mr. Bahl was appointed the Director of Pathology and Laboratory Medicine Service Line for the VA Midwest Health Care Network (VISN 23) as a collateral assignment.

A native of Montevideo, Minnesota, Bahl served in the U.S. Army from August, 1969 to September, 1971. He received his B.S. in Pharmacy from the University of Minnesota in 1977. Mr. Bahl is married to the former Kristine Satre of Montevideo, Minnesota, and they have two children, Jennifer and Brian.

Mr. Bahl is a member of the American College of Health Care Executives, Minnesota Pharmacists Association, Moose Club, Pan Towners, VFW, American Legion, DAV, VVA, and AMVETS.

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## **Community Living Center Ribbon Cutting for CLC Building Renovation Announced**

A ribbon cutting ceremony marking the completion of the remodeling of Building 49, part of the Community Living Center, is planned for Wednesday, May 25, 2016, at 2 p.m., at the St. Cloud VA Medical Center.

The event will be held in the first floor dayroom in Building 49.

The near total renovation project updated the World War II-era ward setting into a modern residential care setting with private rooms, private bathrooms and upgraded common areas, resulting in significantly improved living conditions for Veterans.

Veterans, families and the public are invited to attend. Visitor parking for this event will be in the parking lot north of Building 48.





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## May is Arthritis Awareness Month

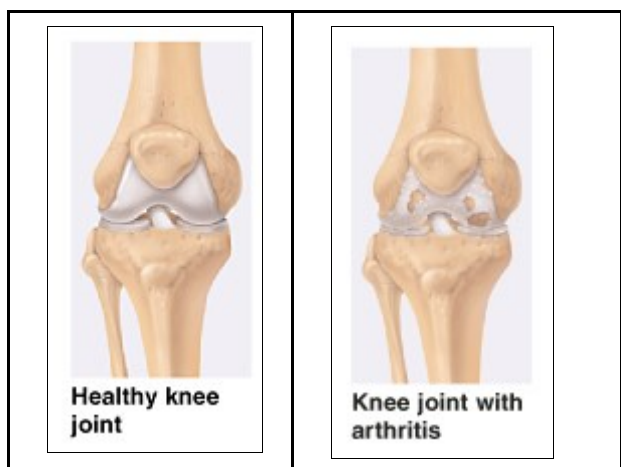
### What is Arthritis?

**Arthritis** is a disease that affects the **joints** (the parts where bones meet and move). It can affect any joint in your body. There are many types of arthritis and rheumatic diseases, including osteoarthritis, rheumatoid arthritis, and fibromyalgia. If your symptoms are mild, medications may be enough to reduce pain and swelling. For more severe arthritis, surgery may be needed to improve the condition of the joint.

### What Causes Arthritis?

**Cartilage** is a smooth substance that protects the ends of your bones. When you have arthritis, this cartilage breaks down and can no longer protect your bones. The bones rub

against each other, causing pain and swelling. Over time, **bone spurs** (small pieces of rough or splintered bone) may develop, and the joint's range of motion becomes limited.



### Symptoms

Some of the more common symptoms of arthritis include:

- Joint pain and stiffness. Pain and stiffness get worse with long periods of rest or using a joint too long or too hard.
- Joints that have lost normal shape and motion.
- Tender, inflamed joints. They may look red and feel warm.



Choose exercises that improve joint motion and make your muscles stronger.

### Reducing Symptoms

Following a healthy lifestyle by eating healthy, reducing stress, and finding the right balance of rest and activity can help reduce symptoms of arthritis.

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## **Veterans Town Hall Meeting**



**May 17, 2016  
5 p.m.**

**Veterans of Foreign Wars  
Post #936  
Located at:  
1102 3<sup>rd</sup> Ave E, Alexandria, MN**



*Integrity   Commitment   Advocacy   Respect   Excellence*

There will be a Veterans town hall meeting beginning at 5 p.m. on Tuesday, May 17, at the VFW, Post #936, 1102 3rd Avenue East, Alexandria, MN. The town hall meeting is intended to provide Veterans served by the St. Cloud VA Health Care System an opportunity to hear from and have concerns addressed by St. Cloud VA officials.

Recognizing Alexandria and surrounding area Vietnam-era Veterans is the first item on the agenda at the town hall meeting. The St. Cloud VA Health Care System, a Commemorative Partner in the national Vietnam War Commemoration, is committed to publicly thanking and honoring Vietnam Veterans and their families. Vietnam Veterans and families desiring to participate in the Commemoration event can simply show up and check in at the designated table. To learn more about the Vietnam War Commemoration, visit <http://www.vietnamwar50th.com/>

Additionally, beginning at 4 p.m., County Veteran Services and VA staff will be available to discuss enrollment in VA health care and provide information on the full range of Veterans benefit programs.

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## June is Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Search through the various disease categories to learn more about different health topics and what you need to know.



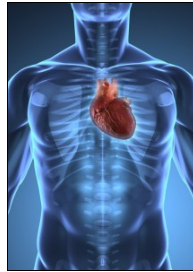
[Sexual Reproductive Health](#)



[Mental Health](#)



[Diabetes](#)



[Cardiovascular Health](#)



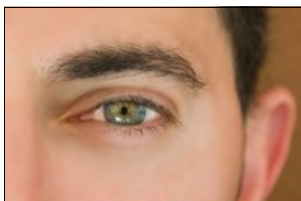
[Prostate Health](#)



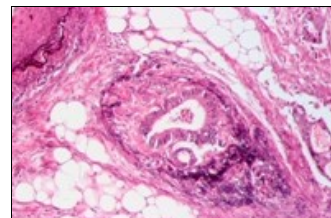
[Nutrition/Obesity](#)



[Aging/Seniors](#)



[Other Health Topics](#)



[Cancers](#)

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## **You Can Live After a Disability**

### ***How Adaptive Sports Changed a Veteran's Life***

By Benjamin Slane

Eric Fife acknowledges he was angry and resentful when an accidental fall from a balcony left him paralyzed, and ended his career as an Army infantryman.

“I don’t know that I dealt with it really well until years later. For a long time I kind of tried to suppress it through a lot of different ways.”

After years battling addiction, Fife sought treatment at the Milwaukee VA and soon connected with the recreational therapy program where his therapists introduced him to adaptive sports.

Today, Fife competes in triathlons, plays lacrosse and wheelchair tennis. He says adaptive sports have helped him redefine his service and rehabilitate his mind and body.

“It’s a big piece of my support network. If I miss my workouts or I miss my sports I feel like it’s – I got a big void there.”

He credits VA health care and therapy programs with pulling him “back from the brink of destruction.”

“Now in my journey, I can’t believe how much the VA does for me,” Fife said. “The benefits have totally been worth it to me.”

He encourages Veterans to take a positive role in their health care and be their own advocate.

“You can live after a disability.”

To watch Eric’s incredible journey, visit <https://www.facebook.com/vaadaptivesports/posts/791212247645463>.





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# *A Recipe for Health*

## **Veggie Pizza**

### *Ingredients*

2 (8-oz.) pkgs. light cream cheese  
2 (8-oz.) pkgs. light refrigerator  
crescent rolls  
3 T. light mayonnaise

½ tsp. basil leaves  
¼ tsp. garlic powder  
1 c. shredded cheese  
2 c. fresh vegetables

### *Directions*

Press dinner roll dough into a 15 x 10-inch jelly-roll pan to form a crust. Bake at 350° for 12-15 minutes. Combine 2 packages of light cream cheese (at room temperature) with mayonnaise, basil and garlic. Spread over cooled crust. Top with chopped vegetables (anything you like such as broccoli, cauliflower, carrots, celery, green onion, peppers, etc.). Sprinkle shredded cheese of your choice over veggies. Yield: 24 servings.

### *Nutritional Information*

238 calories, 143g fat, 21.6g carbohydrates, 6.1g protein, 452mg sodium



## *Take care of your buddy!*

Help a fellow Veteran enroll  
for VA healthcare.

Contact your County Veteran  
Service Officer, call the St.  
Cloud VA at 320-255-6340,  
or apply online at

[www.1010ez.med.va.gov](http://www.1010ez.med.va.gov)

[www.facebook.com/StCloudVAHCS](http://www.facebook.com/StCloudVAHCS)



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